

October 1, 2018

QuitCore program returns to help individuals quit tobacco

Free, six-week AHS workshop returns to Edmonton this month

EDMONTON – Edmonton residents wishing to kick their tobacco habits can access the tools and support needed to build a tobacco-free lifestyle when QuitCore, a free Alberta Health Services (AHS) tobacco-cessation program, returns to Edmonton later this month.

Led by trained cessation professionals the QuitCore program teaches tobacco users how to develop a plan to quit while providing strategies to address recovery symptoms, manage stress and, ultimately, prevent relapse. The program also connects participants with others trying to quit.

In Edmonton, the QuitCore program will be offered from 6 p.m. to 7:30 p.m. on Mondays, from October 15 to November 19, at the Rundle Health Centre (3427 118 Avenue). Please call toll-free 1-866-710-QUIT (7848) to register. More information is also available from www.albertaquits.ca.

Tobacco is the leading preventable cause of disease, disability and premature death in Alberta, causing more than 3,000 deaths each year across the province. Many more Albertans suffer from tobacco-related illnesses.

AHS offers various programs and services to help Albertans quit tobacco, including telephone and online support services, one-on-one counselling and group cessation programs such as QuitCore, which launched in 2008. The program is now available in more than 25 communities across the province.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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